

# SPRING PROGRAMME 2011

FREE  
Please take a copy

# Pelhams Park Leisure Centre

Tuesday 4th January - Sunday 3rd April 2011



**Great Gym**  
**Lots of Classes**  
**Two NEW POOLS**

**ENROL NOW**  
for swimming  
lessons in the  
**NEW Swimming  
Academy**  
See page 11

**Pelhams Park**  
LEISURE CENTRE

[www.pelhamsparkleisurecentre.co.uk](http://www.pelhamsparkleisurecentre.co.uk)

**BH Live**  
Leisure, International Venues & Events



# Hi! Welcome to our Spring Programme 2011.

Our Customer Service team of helpful, trained and experienced staff can assist you with a range of enquiries, class bookings, membership information, etc.

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All information correct at time of going to press. We reserve the right to amend the programme as necessary without notice.

### Opening Times

Monday to Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 7.00pm
Bank Holidays	8.00am – 6.30pm

Large text copies of this brochure are available within 5 days on request from customer service.

**Address:** Manor Farm Road, Kinson  
 Bournemouth, Dorset BH10 7LF  
**Phone:** 01202 437801  
**Email:** pelhamsparkleisurecentre@bhlive.co.uk  
**Website:** www.pelhamsparkleisurecentre.co.uk

### Booking activities

**Members** may book 14 days in advance, payment required at the time of booking for activities not covered by membership. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

For activities included in membership, members are required to give a minimum of 30 minutes notice to cancel a class in order not to incur full non-members payment.

**Non Members** may book 7 days in advance, payment required at the time of booking. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

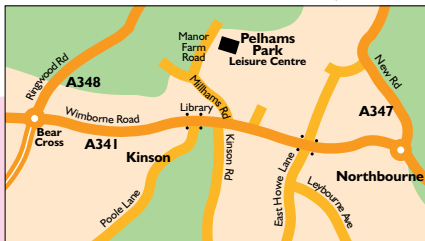
**Beat the queues, NEW Fast Track Ticket Collection available in reception for all classes.**

All major Debit/Credit Cards Accepted



Directions: **From New Road roundabout**, travel along Wimborne Road, through traffic lights at East Howe Lane, passing the row of shops on your right and then take right hand turning into Millhams Road (just before Library). Continue past Pelhams Park and take next turning on the right into Manor Farm Road. The Leisure Centre can be found at the end of road.  
**From Bear Cross**, travel along Wimborne Road, through traffic lights at Poole Lane, take first left turning past the Library then follow instructions above.

Yellow Buses service to Pelhams: 2a, 2b, 4a, 5a & 5b. Yellow Buses Information Hotline 01202 636060 or www.bybus.co.uk



## The Lounge



### Café Bar

An ideal place to relax. Treat yourself to one of our speciality coffees, an Italian Panini or a naughty Danish pastry.

### Lounge Bar

Wind down after your workout on our comfortable sofas and chairs. Enjoy a thirst quenching pint of lager or a refreshing chilled glass of wine while relaxing with friends.

**FREE WiFi**

### Café Bar

Food served  
 Mon-Fri 9.00am - 8.00pm  
 Sat-Sun 9.00am - 6.00pm

### Bar

Mon-Fri 10.00am - 10.00pm  
 Sat 10.00am - 6.00pm  
 Sun 12.00noon - 6.00pm  
 Bank Holidays 10.00am - 6.00pm

# Artificial Football Pitches

Eight floodlit 'all weather' new-generation rubber crumb 5-a-side pitches, fully enclosed with rebound boards for fast-paced action. The synthetic playing surface feels like grass, looks like grass and plays like grass! (Football boots are recommended, no metal studs or blades)

**Artificial Pitches** (Includes floodlights if required)

**5-a-side football pitch** (55 minute booking)

**Monday - Thursday 9.00am – 5.00pm £20.00**

**Monday - Thursday 5.00pm – 10.00pm £36.00**

**Friday, Saturday & Sunday £20.00**

- Block bookings available
- Childrens football parties
- Grass 11-a-side pitch and mini soccer pitches available to hire.

**Adult and Students 5-a-side Leagues**

**Contact Champion Soccer on 0113 253 5800**

**or check out [www.championsoccer.co.uk](http://www.championsoccer.co.uk) for details.**

**Call (01202) 437801 for more details**

## Junior Football Coaching

Saturday 9.00 - 10.00am 5-8 years

Saturday 10.00 - 11.00am 9-12 years

Tuesday 4.00 - 5.00pm 5-8 years

Tuesday 5.00 - 6.00pm 9-12 years

**£4.20**  
per session

**Block Bookings Available. Great for regular team training sessions.**



## The Club Directory

**Get taught by qualified and experienced instructors with a vast knowledge of their specialist area. Meet up with your mates and make friends, great for your social life as well! Please contact the Club Secretary direct for details.**



### STREET STYLEZ

An inspiring Hip hop class that's fun and creative with a challenge. Age: 7-11 years Wednesday & Thursday 4.00 – 4.45pm Studio 1

Contact: 07828 012130 E-mail:- [Street-stylez09@hotmail.com](mailto:Street-stylez09@hotmail.com)

First session is a taster at lower rate. Further discount for more than one person from same family.



### CHASE SHOTOKAN KARATE CLUB

All aspects of fitness and self-defence at this family friendly Karate class. NO contracts - NO direct debits - Just PAY AS YOU GO!

Ages: 7yrs upwards - Current members 5 - 70 yrs.

Every Saturday 4.00 – 5.30pm Ground Floor Activity Room

Contact: Neil Mann 01202 580363 [www.chasekarateclub.co.uk](http://www.chasekarateclub.co.uk)

Family Concessions and some free classes (conditions apply)



### CHAMPION SOCCER

Adult & Student 5-a-side Leagues

Location: Artificial Football Pitches

Contact: Champion Soccer 0113 253 5800

[www.championsoccer.co.uk](http://www.championsoccer.co.uk)



### GO-KAN-RYU KARATE CLUB

A karate club where the entire family are welcome to learn self-defence, get fit and improve their physical health together!

Age: 5+ years

Fridays 7.00 – 7.55pm Ground Floor Activity Room

Contact: Joel Dunsdon 07950 071385

### BOSCOMBE BEACH LIFEGUARDS

Sundays 6.00 – 7.00pm

Location: Swimming Pool

Contact:

Chris Grant 07984 187599



## Crèche Special Offer

Now you can enjoy 2 Classes or a Class and Gym session and still have time for a coffee!

**Members £3.15 per session**

**Non Members £3.65 per session**

**Session Times Monday - Friday 9.00-10.25am or 10.30-11.55am**

**Age range Pre 5's**

The Crèche is registered by OFSTED and operates in accordance with the Children's Act 1989. Our fully qualified Crèche staff will keep your children happily entertained with a wide range of activities

**Crèche all morning**  
9.00am - 11.55am

**MEMBERS ONLY £5.50**

**NON-MEMBERS £6.25**



# The Gym .....pay-as-you

The Gym is a spacious and cool environment with natural light and views across the playing fields and countryside. Combine this fantastic outlook with Fitlinxx, a unique computerised gym programming system, and you have the perfect place for your workout.

## Resistance Machines



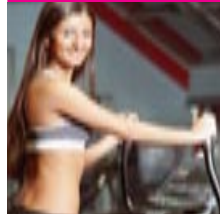
A combination of equipment to help you tone and strengthen your muscles.

## Free Weights Area



Featuring:  
**Barbells,**  
**Dumbbells,**  
**Bench Press**  
**Smith Press**  
All of which will help you tone and strengthen your muscles.

## Cardiovascular Equipment



**Cross Trainers**  
**Treadmills**  
**Cycles**  
**Rowers**  
All guaranteed to get your pulse racing and giving you a great cardio workout.

## Stretch Area



The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, & Medicine Balls**



# -go or membership options

**To use the gym please choose the induction that suits your needs:**

## **Gym Induction (1 hour)**

Following a short health screening, one of our friendly and professional fitness instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout.

So whether you are a complete beginner or experienced gym user, book in for an Induction to ensure you are making the most effective use of each and every workout.

## **Fast Track Gym Induction (15 minutes)**

For experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym (subject to the satisfactory completion of a health questionnaire and blood pressure and resting heart rate being within normal range)

## **Programme Reviews**

Available, free of charge, at any time if you require assistance, fancy a change to your routine or want to learn some new exercises to ensure you meet and exceed your goals.

## **Gym Opening Times**

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 7.00pm

*(Last entry 30 minutes before closing time)*

## **Price List (per 1½ hrs)**

Adults	£6.00
Juniors & Students	£3.60
Mon-Fri 6.30am-5.00pm & Weekends	
Juniors & Students	£6.00
Mon-Fri 5.00pm onwards	

## **Gym Induction**

Adults	£6.00
Juniors & Students	£3.60
Mon-Fri 6.30am-5.00pm & weekends	
Juniors & Students	£6.00
Mon-Fri 5.00pm onwards	

## **Personal Training**

Available on an individual session basis, as taster sessions of three, or in results sessions of six or ten. We're here to help you achieve your goals...**book a personal trainer today!**



## **Contact Kate**



Kate has a Bsc (Hons) in Sports Science and a wealth of experience in the fitness industry. Her areas of expertise are pilates, core stability, advanced exercise programming, pre and post natal exercise and weight/ inch loss.

**If you have any comments or suggestions about our Gym please talk to or email: [kate.rogers@bhlive.co.uk](mailto:kate.rogers@bhlive.co.uk)**



# Get active

A range of classes which let you work at

Welcome to our Timetable of group exercise classes all taught by qualified and experienced instructors. Designed for people of all ages, abilities and interests, there is something for everyone. Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can work out at your own pace. If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor.

Why not try a class today!

### Price List

Classes (55 mins)	£5.00
Classes (45 mins)	£4.60
14 & 15 year olds	£4.00
Spinning (30 mins)	£4.00
Spinning (45 mins)	£4.60
Yoga (75mins)	£6.25
Hydro Active	£4.40
Hydro Active (Freestyle Blue)	£2.60
Aqua Aerobics (45 mins)	£4.60

### Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for BodyPump)
- Please allow adequate time to obtain your ticket
- Ticket must be given to instructor before class
- No entry to classes 5 minutes after they have started.
- Please ensure appropriate footwear is worn in all classes.
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than three customers attend
- Please bring water and a sweat towel (no glass bottles or cans)
- Please inform instructor of any injuries, medical problems or pregnancy prior to class commencing

A reduced Class Timetable operates on Bank Holidays.

## UNDER 5's CRECHE

Details on page 3



### CALORIE BURNING CLASSES

Energetic workouts to maximise calorie expenditure and burn fat.

#### BODYSTEP

A simple to follow, athletic and fun workout using an adjustable step platform to achieve lower body toning, increased cardio fitness and co-ordination.

#### BODYCOMBAT

It is a knock out! Combining kicks, punches & stances developed from a range of self-defence disciplines inc. karate, kickboxing, Tai Chi and Tae Kwondo!

#### RUNNING CLUB

Get out in the fresh air in this guided class to improve your running technique, speed, stamina and endurance. Meet at Reception. All abilities welcome.

#### SPINNING

Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular class (*Beginners come early to ensure correct technique*)

#### SPIN + ABS

Work up a sweat in the spinning studio then tone the abs and strengthen the back. A perfect start to the day!

### MUSCLE TONING & ENDURANCE CLASSES

An intense muscle workout focusing on toning, muscle definition, strength and endurance.

#### BODYPUMP

Low on complexity-high on fun, this class will seriously change your body shape! High repetitions to speed up metabolism for rapid fat burning and to increase strength in all muscle groups. (*Beginners please come early to ensure correct technique*)

#### LEGS, BUMS & TUMS

A wide range of conditioning exercise aiming specifically at those stubborn areas from the waist down. Pure toning!

#### SWISS BALL

A conditioning workout using a Swiss Ball to tone, improve balance and co-ordination.

### RE-ENERGISE AND RELAX CLASSES

Mind and body workout focusing on core stability, balance and flexibility.

#### BODYBALANCE

Combines the fundamental principles and practises of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

#### PILATES

This Mind/Body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core-stabilisation and all over body strength. Suitable for all levels!

#### YOGA

This ancient art form focuses on flexibility, balance and inner poise. Gently move from one pose to another as you feel your body lengthen from within.

### SPECIALIST CLASSES

Themed classes focusing on current fitness industry trends.

#### BODYJAM

This class combines Latin, hip-hop, disco and pop dance styles to create the worlds biggest dance party workout ever! Suitable for everyone who wants to party and have fun! No dance experience necessary.

#### BOOTCAMP

**Ski Boot Camp** - the ultimate preparation for the slopes. Get ski-fit ready for your holiday. 4 week courses starting Saturday 8th January, 5th February and 5th March.

#### DANCE MIX

Cha, cha, cha, salsa, disco and much more. Dance yourself fit in this fun workout.

#### SALSA AEROBICS

Shimme and shake yourself fit in a low impact, fun salsa dance based aerobic routine, set to the sultry, lively Latino beat. Suitable for all fitness levels

#### ZUMBA

A cardio workout which uses Latin-inspired rhythms, sounds and steps from the merengue, samba and salsa in easy to follow steps for a fun and effective workout.

ve  
your own pace

Active  
Membership  
for less than  
**£1.30**  
per  
day

OVER

20 DIFFERENT  
CLASSES  
TO SUIT  
YOUR LIFESTYLE

GREAT VALUE if you workout regularly

### ALL OVER BODY WORKOUT CLASSES

A great combination of calorie burning, muscle toning, strength and stamina.

### BODY CONDITIONING

An easy to follow all over body workout. Using exercises to tone and condition with the use of steps, hand weights, bars or resistance bands.

### STEP CONDITIONING

All over body conditioning focussing on using the step to keep the heart rate high to maximise fat burning to improve body shape and fitness level.

### INTRODUCTORY LOW IMPACT CLASSES

Ideal for those needing to start at a lower level.

### NICE & EASY

A low impact aerobics class designed to build mobility, strength and fitness. Suitable for all levels but specifically aimed at those who are mature in age but young at heart.

### CLASSES FOR JUNIORS

#### KARATE (£)

Have fun, get fit and learn self defence ideal for all the family (*Not included in membership, please pay instructor*)

#### STREET STYLEZ (£)

Street Dance class for children aged 7 - 11 years. Energetic, funky and fun choreography incorporating a variety of street styles into complete dance routines.



### WATER WORKOUT CLASSES

Exercise in the water to maximise fun and intensity.

#### Hydro Active

Aqua classes designed to improve strength, stamina and all round mobility. Ideal for those living with health concerns including joint or back problems or needing to start at a low level.

#### Aqua Aerobics

Using the resistance of the water this fun low impact class will improve strength, tone, flexibility and stamina.

All classes can be booked in advance at Customer Service either in person or on 01202 437801. You may come along without a booking but we cannot guarantee a space! Classes marked with a (£) are not included in membership, please pay the instructor.

Now  
Available



## Exercise Referral

Now available at Pelhams Park  
Leisure Centre.

Please contact Pelhams Park on 437801  
or visit  
[www.activehealthlink.com](http://www.activehealthlink.com)

## Tennis

3 courts  
available  
for hire  
**£5.25**  
per court  
per hour



## Treatment Room

Please book direct with beauty salon or chiropactor

### beauty salon

Allure beauty offers a complete range of skin, nail and body beauty therapies for both men and women

**T: 07503 133888**

E: [info@allurebeautysalon.co.uk](mailto:info@allurebeautysalon.co.uk)

W: [www.allurebeautysalon.co.uk](http://www.allurebeautysalon.co.uk)



### Chiropactor Up & about

Nic Langlois

**T: 07812 196773**

W: [www.upandabout.co.uk](http://www.upandabout.co.uk)

# Class Timetable.....pay-as-you-go

## Contact Kate



If you have any comments or suggestions about our Class Timetable please talk to our email:  
 Kate Rogers (Fitness Manager)  
 kate.rogers@bhlive.co.uk

## remember

**Calorie Burning Classes**

**Muscle Toning & Endurance Classes**

**All Over Body Workout Classes**

**Re-Energise & Relax Classes**

**Specialist Classes**

**Introductory Low Impact Classes**

**Classes for Juniors**

**Water Workout Classes**

## class locations

SI studio 1  
 S2 studio 2  
 SS spin studio  
 G gym  
 Rec reception  
 AR activity room  
 P pool

Monday	Tuesday	Wednesday
<b>Hydro Active</b> 8.00-8.45am Brigitte P		
<b>Hydro Active</b> 8.45-9.30am Brigitte P	<b>Step Conditioning</b> 9.20-10.15am Jill S1	<b>BodyStep</b> 9.20-10.15am Steph S1
<b>BodyStep</b> 9.20-10.15am Steph S1	<b>BodyJam</b> 9.20-10.15am Claire S2	<b>Body Balance</b> 9.20-10.15am Diane S2
<b>Legs, Bums &amp; Tums</b> 9.20-10.15am Kate S2	<b>Aqua Aerobics</b> 9.30-10.15am Paulette P	<b>Running Club</b> 10.35-11.30am Karen REC
<b>Nice &amp; Easy</b> 10.35-11.20am Kate S2	<b>Hydro Active</b> 10.30-11.15am Paulette P	<b>Aqua Aerobics</b> 11.30-12.15pm Caroline P
<b>Aqua Aerobics</b> 11.30-12.15pm Gemma P	<b>Legs, Bums &amp; Tums</b> 10.35-11.20am Jill S1	
	<b>Swiss Ball</b> 10.35-11.20am Jango S2	
	<b>Pilates</b> 11.30-12.25pm Jango S2	
		<b>Street Stylez (£)</b> 4.00-4.55pm Sam S1 (7-11 yrs)
<b>BodyPump</b> 5.45-6.40pm Jo L S1	<b>BodyPump</b> 5.40-6.35pm Maxine S1	<b>Pilates</b> 5.30-6.25pm Kate S2
<b>Spinning</b> 6.15-6.45pm Jango SS	<b>Pilates</b> 6.00-6.55pm Jo Y S2	<b>BodyPump</b> 6.00-6.55pm Jill S1
<b>Zumba</b> 6.30-7.25pm Gina S2	<b>Spinning</b> 6.30-7.00pm Kerry SS	<b>Spinning</b> 6.30-7.00pm Kate SS
<b>BodyStep</b> 6.45-7.40pm Jo L S1	<b>BodyCombat</b> 6.45-7.40pm Jo L S1	<b>Zumba</b> 6.30-7.25pm Gina S2
<b>Spinning</b> 6.50-7.20pm Jango SS	<b>Legs, Bums &amp; Tums</b> 7.00-7.55pm Nicky S2	<b>BodyStep</b> 7.00-7.55pm Laura S1
<b>Aqua Aerobics</b> 7.30-8.15pm Cathy P	<b>Spinning</b> 7.05-7.35pm Kerry SS	<b>Spinning</b> 7.05-7.35pm Kate SS
<b>Yoga</b> 7.45-9.00pm Rowan S2		<b>Yoga</b> 7.30-8.25pm Irena S2
<b>BodyCombat</b> 7.45-8.40pm Jo L S1		<b>Aqua Aerobics</b> 7.30-8.15pm Naomi P



# Swimming - Fun & fit



## Go on, take the plunge

### Come along and enjoy the New Swimming Pool Complex

#### WEEKLY ACTIVITIES

As well as general swimming we offer the following activities through the week:

#### Adults Only Early Morning Swim

Monday – Friday 7.00- 9.00am

#### First Splash Adult & Baby (4 – 12 Months)

First steps of taking your baby in the pool  
(pay as you go session)

#### Adult & Under 4½ yrs

Experience the pool environment with toys and a group fun activity time. Teachers in attendance for advice (pay as you go session)

#### Adult Swim Fit Open Session

Sundays 8.00- 9.00am (able to swim 100 metres)  
Fitness through swimming, working on length swimming, stamina and stroke improvement  
(pay as you go session)

#### Rookie Lifeguards

Junior Lifesaving and Personal Survival class in association with Boscombe Lifeguards. For children aged 7–14 years, able to swim 50 metres.  
(pay as you go session)

#### Splash Attack

Inflatable fun sessions for children aged 8yrs and over.  
(pay as you go session)

#### Pool Parties

Hire the pool for a swimming party to remember! Party food available after your party, choice of hot or cold menu. Please contact Customer Service for availability.

#### Safety Notice

Children aged under 8 years must be accompanied in the water by an adult (16+ yrs).

Adult to child ratio:

Children under 5 years - 1 adult to 1 child

Children aged 5 - 7 years - 1 adult to 2 children

#### Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be purchased at Customer Service

#### Forgotten Something?

Essential swimwear, goggles etc available for purchase at Customer Service

#### Sanarium

The sanarium is situated off the deep end of the pool, please use the swimming changing rooms. Minimum age 16 years.



# Swimming for all the family

## Swimming Prices (per hour)

Under Fives	FREE
Junior / Student / 60+	£2.60
Adult Swim	£3.75
Family Ticket* max 2 adults / max 3 children (5 – 15 years old)	£10.10
Freestyle (Blue card)	£2.30
Adult Sanarium & Swim	£5.55
60+ Sanarium & Swim	£4.80

## Saver Cards (6 swims for the price of 5)

Adult Saver Card	£18.75
Junior / Student / 60+ Saver Card	£13.00

## Swimming Session Prices

Adult Swim Fit	£5.00
Adult & Baby	£4.20
Adult & Under 4½	£4.20
Rookie Lifeguards	£4.70
Splash Attack	£2.60



## Pool Opening Times

Monday to Friday	7.00am – 9.30pm
Saturday	9.00am – 4.00pm
Sunday	8.00am – 4.00pm



At the Swimming Academy we aim to provide swimmers with a high level of water confidence, swimming techniques and general water skills. All lessons are designed to mix education and safety with the fun side of swimming.

### WHAT WE OFFER:

- High quality teaching from fully qualified, CRB checked staff
- Lessons 50 weeks of the year
- FREE swimming whilst you are enrolled in the Swimming Academy (subject to availability)
- An ability to join at any time
- Easy start up and enrolment process
- Continuous assessment and movement to next stage

**Easy  
Payment Scheme**  
Direct Debit payment  
of £20 a month  
includes FREE  
swimming in open  
sessions



# Pre School Swimming



The following courses are for pre school aged children and run with parent/ carer in the water  
(TP) = Teaching Pool

## Adult & Baby (TP) aged 4- 12 months

Introduction to swimming with parent/carer in the water

## Adult & Toddler (TP) aged 1 - 2 years

Structured lessons to increase water confidence through play and songs

## Adult & Child (TP) aged 2-4 years

Structured lessons to develop independent swimming skills through play, songs and movement



### TUESDAY

13:30-14:00 Adult & Child Sharon Mayall      14:00-14:30 Adult & Toddler TBC

### WEDNESDAY

10:00-10:30 Adult & Child Sharon Mayall      10:30-11:00 Adult & Toddler Sharon Mayall      11:00-11:30 Adult & Baby Sharon Mayall

### THURSDAY

13:30-14:00 Adult & Child TBC      14:00-14:30 Adult & Toddler TBC

### FRIDAY

10:00-10:30 Adult & Child Julie Shirley      10:30-11:00 Adult & Toddler Julie Shirley      11:00-11:30 Adult & Baby Julie Shirley

The following courses are for pre school children aged 3-4½ years and run without a parent or carer (TP) = Teaching Pool

**Pre School 1 (TP)** For non swimmer children aged 3 - 4½

**Pre School 2 (TP)** For children who are water confident, can jump in, submerge and swim on their fronts and backs with reduced aids (2 discs)

**Pre School 3 (TP)** For children who are water confident, can jump in, submerge and swim 5 metres on their fronts and backs without teaching aids.

### TUESDAY

13:00-13:30 Pre School 1 Sharon Mayall  
13:00-13:30 Pre School 2 TBC  
13:30-14:00 Pre School 3 TBC  
14:00-14:30 Pre School 1 Sharon Mayall

### WEDNESDAY

9:30-10:00 Pre School 1 Sharon Mayall  
9:30-10:00 Pre School 2 Dom Aitchison  
10:00-10:30 Pre School 3 Dom Aitchison  
10:30-11:00 Pre School 1 Dom Aitchison  
11:00-11:30 Pre School 2 Dom Aitchison

### FRIDAY

9:30-10:00 Pre School 1 Sally Jarvis-Neill  
9:30-10:00 Pre School 2 Julie Shirley  
10:00-10:30 Pre School 2 Sally Jarvis-Neill  
10:30-11:00 Pre School 1 Sally Jarvis-Neill  
11:00-11:30 Pre School 2 Sally Jarvis-Neill

### THURSDAY

13:00-13:30 Pre School 1 Jeanette Francis  
13:00-13:30 Pre School 2 TBC  
13:30-14:00 Pre School 3 Jeanette Francis  
14:00-14:30 Pre School 1 Jeanette Francis

### SATURDAY

8:00-8:30 Pre School 1 Eve Sofrin  
8:30-9:00 Pre School 2 Rachael Barry

### SUNDAY

8:00-8:30 Pre School 1 Rachael Barry



# Lessons

## Swimming -

a gift for

life!

### Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be purchased at Customer Service.

### Forgotten Something?

Essential swimwear, goggles, etc available for purchase at Customer Service.



## Teaching Pool Timetable

Monday	8.00–9.30am Hydro Active		11.30am–12.15pm Aqua Aerobics		1.30–2.30pm School		3.45–5.45pm Swimming Academy		7.30–8.15pm Aqua Aerobics	
Tuesday		9.30–10.15am Aqua Aerobics	10.30–11.15am Hydro Active	11.15–11.45pm Adult & Baby		1.00–2.30pm Swimming Academy	2.30–3.15pm Adult & Under 4½ years	3.45–5.45pm Swimming Academy		
Wednesday		9.30–11.30am Swimming Academy		11.30am–12.15pm Aqua Aerobics		1.30–3.00pm School		3.45–5.45pm Swimming Academy	7.30–8.15pm Aqua Aerobics	
Thursday		9.15–10.00am Adult & Under 4½ years	10.00–10.30pm Adult & Baby	11.30am–12.15pm Aqua Aerobics		1.00–2.30pm Swimming Academy		3.45–5.45pm Swimming Academy		
Friday		9.30–11.30am Swimming Academy		11.30am–12.15pm Aqua Aerobics		1.30–3.00pm School		3.45–5.45pm Swimming Academy		
Saturday		8.00–10.00am Swimming Academy					4.00–5.00pm Splash Attack	5.00–6.00pm Pool Party	6.00–7.00pm Private Hire	Swimming Pool Closed
Sunday		8.00–10.00am Swimming Academy					4.00–5.00pm Splash Attack	5.00–6.00pm Pool Party	6.00–7.00pm Rookie Lifeguards 6.00–7.00pm Boscombe Lifeguards	Swimming Pool Closed

■ 'Pay as you go' sessions 
 ■ Public Swimming 
 ■ Swim Academy 
 ■ Hydro Active 
 ■ Aqua Aerobics 
 ■ Private Hire 
 ■ Schools (term time only)



# Junior Swimming

Learn to swim with us and you

The following courses are for children aged 4 years and above

(TP) = Teaching Pool (MP) = Main Pool

- Stage 2 (TP)** For school aged children unable to swim 5 metres on both their fronts and backs
- Stage 3 (TP)** For children who can swim 5 metres on their front and back and are water confident
- Stage 4 (MP)** For children who can swim 10 metres showing basic skills in front crawl, backstroke and breaststroke
- Stage 5 (MP)** For children who can swim 15 metres with good technique in front crawl, backstroke and breaststroke
- Stage 6 (MP)** For children who can swim one length of the main pool in front crawl, backstroke and breaststroke and basic skills in butterfly showing good technique
- Stage 7 (MP)** For children who can swim 2 lengths showing good technique in front crawl, backstroke and breaststroke and basic skills in butterfly
- Stage 8 (MP)** For children who can swim 4 lengths in all three strokes and show good technique in butterfly
- Stage 9 (MP)** For children who can swim 8 lengths in all three strokes confidently and consistently
- Swim Fit (MP)** For children who are aged 9+ yrs and have completed stage 7 of the new National Teaching Plan Awards or Level 10 of the previous National Swim Awards

## MONDAY

15:45-16:15	Stage 2	Shelly Lomas
15:45-16:15	Stage 3	Sarah King
16:00-16:30	Stage 6	Ruth Marshall
16:00-16:30	Stage 4	Lara Bruce
16:15-16:45	Stage 3	Shelly Lomas
16:15-16:45	Stage 2	Sarah King
16:30-17:00	Stage 5	Ruth Marshall
16:30-17:00	Stage 8	Lara Bruce
16:45-17:15	Stage 2	Sarah King
16:45-17:15	Stage 3	Shelly Lomas
17:00-17:30	Stage 4	Lara Bruce
17:00-17:30	Stage 9	Ruth Marshall
17:15-17:45	Stage 2 (8+ yrs)	Sarah King
17:15-17:45	Stage 2	Shelly Lomas
17:30-18:00	Stage 7	Lara Bruce

## TUESDAY

15:45-16:15	Stage 2	Dom Aitchison
15:45-16:15	Stage 3	Julie Shirley
16:00-16:30	Stage 4	Ruth Marshall
16:00-16:30	Stage 6	Sarah King
16:15-16:45	Stage 2	Julie Shirley
16:15-16:45	Stage 3	Dom Aitchison
16:30-17:00	Stage 5	Ruth Marshall
16:30-17:00	Stage 8	Sarah King
16:45-17:15	Stage 3	Dom Aitchison
16:45-17:15	Stage 2	Julie Shirley
17:00-17:30	Stage 4	Ruth Marshall
17:00-17:30	Stage 9	Sarah King
17:15-17:45	Stage 2	Dom Aitchison
17:15-17:45	Stage 3 (8+ yrs)	Julie Shirley
17:30-18:00	Stage 7	Ruth Marshall

## WEDNESDAY

15:45-16:15	Stage 2	Jan Tiller
15:45-16:15	Stage 3	Dom Aitchison
16:00-16:30	Stage 7	Shelly Lomas
16:00-16:30	Stage 4	Lara Bruce
16:15-16:45	Stage 2	Dom Aitchison
16:15-16:45	Stage 3	Jan Tiller
16:30-17:00	Stage 8	Shelly Lomas
16:30-17:00	Stage 5	Lara Bruce
16:45-17:15	Stage 2	Jan Tiller
16:45-17:15	Stage 3	Dom Aitchison
17:00-17:30	Stage 4	Shelly Lomas
17:00-17:30	Stage 9	Lara Bruce
17:15-17:45	Stage 2 (8+ yrs)	Jan Tiller
17:15-17:45	Stage 2	Dom Aitchison
17:30-18:00	Stage 6	Shelly Lomas
18:00-19:00	Swim Fit	Paul Oliver

## THURSDAY

15:45-16:15	Stage 2	Sarah King
15:45-16:15	Stage 3	Eve Sofrin
16:00-16:30	Stage 4	Sally Jarvis-Neill
16:00-16:30	Stage 6	Carole Warren
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Sarah King
16:30-17:00	Stage 5	Sally Jarvis-Neill
16:30-17:00	Stage 9	Carole Warren
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 3	Sarah King
17:00-17:30	Stage 7	Sally Jarvis-Neill
17:00-17:30	Stage 8	Carole Warren
17:15-17:45	Stage 2	Eve Sofrin
17:15-17:45	Stage 2	Sarah King
17:30-18:00	Stage 4	Carole Warren

## FRIDAY

15:45-16:15	Stage 3	Eve Sofrin
15:45-16:15	Stage 2	Ruth Marshall
16:00-16:30	Stage 5	Lara Bruce
16:00-16:30	Stage 7	TBC
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Ruth Marshall
16:30-17:00	Stage 4	Lara Bruce
16:30-17:00	Stage 9	TBC
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 3	Ruth Marshall
17:00-17:30	Stage 6	Lara Bruce
17:00-17:30	Stage 8	TBC
17:15-17:45	Stage 2	Ruth Marshall
17:15-17:45	Stage 2	Eve Sofrin
17:30-18:00	Stage 4	Lara Bruce

## SATURDAY

8:00-8:30	Stage 4	Tracy Goddard
8:00-8:30	Stage 2	Rachael Barry
8:30-9:00	Stage 5	Tracy Goddard
8:30-9:00	Stage 3	Eve Sofrin
9:00-9:30	Stage 4	Tracy Goddard
9:00-9:30	Stage 8	Lara Bruce
9:00-9:30	Stage 2	Eve Sofrin
9:00-9:30	Stage 3	Rachael Barry
9:30-10:00	Stage 7	Lara Bruce
9:30-10:00	Stage 6	Tracy Goddard
9:30-10:00	Stage 2	Eve Sofrin
9:30-10:00	Stage 3	Rachael Barry

## SUNDAY

8:00-8:30	Stage 4	Jeanette Francis
8:30-9:00	Stage 5	Jeanette Francis
8:30-9:00	Stage 2	Rachael Barry
9:00-9:30	Stage 6	Jeanette Francis
9:00-9:30	Stage 3	Rachael Barry
9:30-10:00	Stage 9	Jeanette Francis
9:30-10:00	Stage 2	Rachael Barry

Direct Debit payment of £20 a month includes FREE swimming in open sessions

# Swimming Lessons

You'll have a gift for life!



*“swimming can be a fun way to keep fit. It’s also a great sport for all the family”*

## Adults too!

### Adult Swimming Lessons

**Beginner** For swimmers able to swim 5m on front and back without aids. Increase water confidence and develops basic stroke improvement and technique.

**Improve** For swimmers able to swim 1 length (20m) on back and front, improves stroke technique and water confidence.

#### WEDNESDAY

19:00-19:30 Adult Beginner Paul Oliver

19:30-20:00 Adult Improve Paul Oliver

**NO MATTER  
WHAT YOUR AGE,  
WE CAN TEACH YOU  
TO SWIM.**



## Main Pool Timetable

<b>Monday</b>	7.00-9.00am Adults Only	10.30-11.30am School	11.30am-12.15pm Aqua Aerobics	1.30-2.30pm School	4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming			
<b>Tuesday</b>	7.00-9.00am Adults Only	9.30-10.15am Aqua Aerobics			4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming			
<b>Wednesday</b>	7.00-9.00am Adults Only	9.30-11.30am School	11.30am-12.15pm Aqua Aerobics	1.30-3.00pm School	4.00-8.00pm Swimming Academy	9.00am-9.30pm Public Swimming			
<b>Thursday</b>	7.00-9.00am Adults Only		11.30am-12.15pm Aqua Aerobics		4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming			
<b>Friday</b>	7.00-9.00am Adults Only	9.30-11.30am School	11.30am-12.15pm Aqua Aerobics	1.30-3.00pm School	4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming			
<b>Saturday</b>	8.00-10.00am Swimming Academy	8.00-9.00am Adult Swim Fit	9.00am-4.00pm Public Swimming		4.00-5.00pm Splash Attack	5.00-6.00pm Pool Party	6.00-7.00pm Private Hire	Swimming Pool Closed	
<b>Sunday</b>	8.00-10.00am Swimming Academy		8.00am-4.00pm Public Swimming		4.00-5.00pm Splash Attack	5.00-6.00pm Pool Party	6.00-7.00pm Rookie Lifeguards	6.00-7.00pm Boscombe Lifeguards	Swimming Pool Closed

■ 'Pay as you go' sessions  
 ■ Public Swimming  
 ■ Swim Academy  
 ■ Aqua Aerobics  
 ■ Private Hire  
 ■ Schools (term time only)

**NO LENGTHY COMMITMENTS** Just a 3 month minimum contract, other membership options available.

# Great Value for Money Membership Packages

## MEMBERSHIP INCLUDES:

- Swimming • Sanarium • Gym
- Class Timetable with over 70 Aerobics, Yoga, Aquafit and Spinning classes

**NO JOINING FEES**



## UNLIMITED MEMBERSHIP

Use of the Centre's facilities any day, anytime 7 days a week

**£39<sup>.99</sup>** per month

## DAYTIME & WEEKEND

**£34<sup>.99</sup>** per month

## SENIOR UNLIMITED Mon - Sun

**£34<sup>.99</sup>** per month

## STUDENT UNLIMITED Mon - Sun

**£31<sup>.99</sup>** per month

## SENIOR DAYTIME & WEEKEND

## SWIMMING & SANARIUM

## BREAKFAST Mon-Fri 6.30-9.30am

**£28<sup>.99</sup>** per month

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# Student Membership Special Offer

## MEMBERSHIP INCLUDES:

- Gym • Class Timetable with over 70 Aerobics, Aqua, Yoga and Spinning classes weekly
- Swimming & Sanarium

## UNLIMITED MEMBERSHIP

until 30<sup>th</sup> June 2011

ONLY

**£150**



Proof of full time education will be required to qualify for Student Membership